

BICYCLE NETWORK 12 WEEK TRAINING PLAN: 200KM+ RIDE



This is the perfect training guide to prepare for a 200km+ ride, with you feeling fit, fresh, and ready to go!

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	Aerobic Ride 60 mins	Cross Training 60 mins	Aerobic Ride 1h 30 mins	Rest	Cross Training 60 mins	Endurance Ride 2h 30 mins
2	Rest	Aerobic Ride 1h 30mins	Cross Training 60 mins	Tempo Ride 60 mins	Rest	Aerobic Ride 60 mins	Endurance Ride 3 hours
3	Rest	Tempo Ride 60 mins	Cross Training 60 mins	Aerobic Ride 2 hours	Rest	Aerobic Ride 2 hours	Endurance Ride 3h 30 mins
4	Rest	Rest	Aerobic Ride 2 hours	Cross Training 60 mins	Tempo Ride 1h 30 mins	Rest	Endurance Ride 4 hours
5	Rest	Aerobic Ride 2 hours	Cross Training 60 mins	Tempo Ride 1h 15 mins	Rest	Aerobic Ride 2 hours	Endurance Ride 4h 30 mins
6	Rest	Aerobic Ride 2 hours	Sweet spot blocks 1h 37 mins <i>6 x 8 min work 5 min recovery between sets</i>	Cross Training 60 mins	Rest	Aerobic Ride 2 hours	Endurance Ride 5 hours
7	Rest	High Cadence Drills 1h 5mins <i>8 x 1 min work 4 min recovery between sets</i>	Cross Training 60 mins	Sweet spot blocks 2h 25 mins <i>8 x 8 min work 7 min recovery between sets</i>	Rest	Aerobic 2h 30 mins	Endurance Ride 6 hours
8	Rest	Rest	Sweet spot blocks 1h 40 mins <i>5 x 8 min work 7 min recovery between sets</i>	Cross Training 60 mins	High Cadence Drills 1h 5mins <i>8 x 1 min work 4 min recovery between sets</i>	Rest	Endurance Ride 5 hours
9	Rest	Sweet spot blocks 1h 43 mins <i>6 x 8 min work 5 min recovery between sets</i>	Cross Training 60 mins	Tempo Ride 1h 30 mins	Rest	Aerobic Ride 2h 15 mins	Endurance Ride 7 hours
10	Rest	Sweet spot blocks 1h 43 mins <i>6 x 8 min work 5 min recovery between sets</i>	Cross Training 60 mins	High Cadence Drills 1h 15mins <i>10 x 1 min work 4 min recovery between sets</i>	Aerobic Ride 2 hours	Rest	Endurance Ride 7h 30mins
11	Rest	Sweet spot blocks 1h 17 mins <i>4 x 8 min work 5 min recovery between sets</i>	Cross Training 60 mins	High Cadence Drills 1h 15mins <i>10 x 1 min work 4 min recovery between sets</i>	Rest	Aerobic Ride 2h 30 mins	Endurance Ride 4h 30 mins
12	Rest	Aerobic Ride 60 mins	Cross Training 60 mins	Rest	Aerobic Ride 45 mins	Rest - go for a 20 min roll if you would like too. Get excited! It's tomorrow :)	Event Day! Have fun!

TRAINING PLAN GUIDE

This training plan is just a guide. If you can't fit all sessions in each week, that's okay! Focus on going for a regular long ride and try to fit in at least one of the mid-week sessions. Fit in what you can do.

Aerobic Rides

Include a 5 min warm up and a 5 min cool down. For the remainder ride at a pace you could feel you could 'ride all day' at, this should be about a 3 or 4/10 effort.

Cross Training

Move your body! Take your pick from jog/walk, swimming, gym, circuits, pilates or yoga.

Endurance Ride

This is similar to the aerobic ride, just a bit longer! Include a 10 min warm up and a 10 min cool down. For the remainder ride at a pace you could feel you could 'ride all day' at, this should be about a 3 or 4/10 effort.

Tempo Ride

Include a 10 min warm up and a 5 min cool down. For the remainder ride at a higher pace than your aerobic or endurance ride. Work at a 5 or 6/10 effort, you should feel like you are breathing at a level that makes it too hard to chat.

Sweet Spot Blocks

Include a 15 min warm up and 10 min cool down. For the workload, find your sweet spot! About a 6 or 7/10 effort, working harder than a tempo ride and breathing too hard to say more than 1 or 2 words at a time. You will be holding out for the recovery and should finish your last block feeling like you could do another but would prefer not too!

High Cadence Drills

Include a 15 min warm up and a 10 min cool down. For the remainder it is 1 min work at high cadence and 4 min recovery. The work should be as hard as you can go for 1 minute spinning the legs quickly. The 1 minute will feel like a lifetime and you should be an 8 or 9/10 on the effort scale. Use the recovery to prepare for the next effort.

TOP TIPS

- Ride with friends, this makes the longer rides more enjoyable and keeps you accountable for your training.
- Listen to your body, training is both mental and physical. If you don't feel up to training one day or life gets in the way, write the session off and move on to the next. Don't try to double up your sessions but remember how good moving your body makes you feel!
- By week 8 decide what you are going to wear for the event and wear this as much as you can during the next 4 weeks of training.
- Get your bike serviced a week or 2 before the event so you are ready to go!
- Enjoy it and remember how far you have come!

This training plan assumes a base level of fitness, you should always consult your physician or other healthcare provider before starting an exercise program or changing your diet.